

# MATCH THE EMOTION

**We experience so many emotions everyday! It can be hard to express our emotion appropriately when we don't know what the emotion is. Become an expert emotions identifier and match the emotions!**

1. Cut out each emotions card (print the page double sided) and spread them out, face down.
2. Take turns flipping over two cards at a time.
3. If the two cards are different, flip them back over.  
Try and remember where each emotions card is and find a match.
4. When you find a match, share a time you or or someone else felt that emotion.

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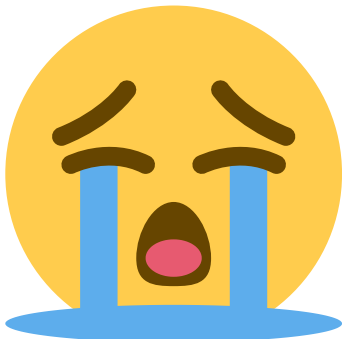
**EXCITED**



**ANGRY**



**FRUSTRATED**



**DISTRAUGHT**



**EMBARRASSED**



**DISAPPOINTED**



**CONFUSED**



**PROUD**



**SCARED**



**ANXIOUS**



**FURIOUS**



**SICK**

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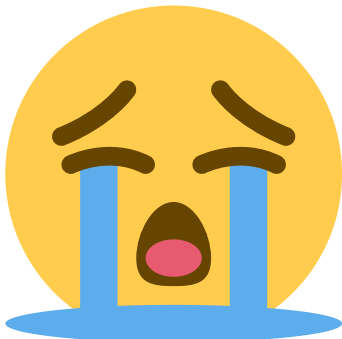
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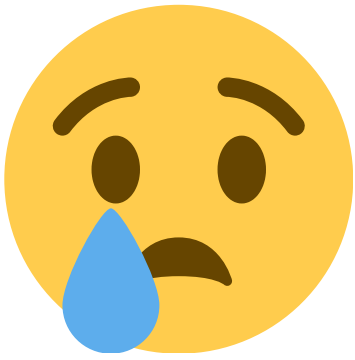
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**LONELY**



**ANNOYED**



**TIRED**



**CONFIDENT**



**NERVOUS**



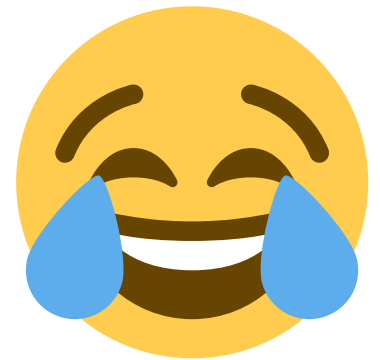
**SAD**



**SHOCKED**



**SILLY**



**JOYOUS**



**HAPPY**



**FRIENDLY**



**UNCOMFORTABLE**

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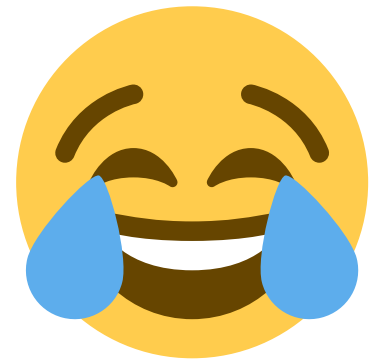
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